



Roasted Carrot and Cumin Puree

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



197 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 1.5 pounds carrots cut into 1/2-inch slices (8 large)
- 1.5 teaspoons ground cumin
- 0.3 teaspoon fresh-ground pepper black
- 0.5 teaspoon juice of lemon
- 2 tablespoons olive oil
- 4 servings salt
- 1 cup milk whole

Equipment

- food processor
- sauce pan
- oven
- roasting pan

Directions

- Heat the oven to 45
- In a roasting pan, combine the carrots with the oil, cumin, 1/4 teaspoon salt, and the pepper. Roast the carrots, stirring occasionally, until tender and browned, about 20 minutes.
- In a food processor, puree the carrots with the butter, milk, lemon juice, and 1/8 teaspoon salt. If necessary, reheat the puree in a small saucepan over low heat, stirring.

Nutrition Facts

  
 **PROTEIN 7.35%**  **FAT 54.37%**  **CARBS 38.28%**

Properties

Glycemic Index:42.96, Glycemic Load:6.51, Inflammation Score:-10, Nutrition Score:14.187391270762%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 196.58kcal (9.83%), Fat: 12.37g (19.03%), Saturated Fat: 3.97g (24.8%), Carbohydrates: 19.6g (6.53%), Net Carbohydrates: 14.73g (5.35%), Sugar: 11.03g (12.26%), Cholesterol: 14.85mg (4.95%), Sodium: 358.27mg (15.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Vitamin A: 28612.96IU (572.26%), Vitamin K: 27.34µg (26.04%), Fiber: 4.88g (19.5%), Potassium: 652.48mg (18.64%), Vitamin E: 2.27mg (15.13%), Manganese: 0.29mg (14.36%), Calcium: 139.77mg (13.98%), Vitamin B6: 0.28mg (13.8%), Phosphorus: 125.97mg (12.6%), Vitamin C: 10.34mg (12.53%), Vitamin B2: 0.19mg (10.99%), Vitamin B1: 0.15mg (10.11%), Vitamin B3: 1.77mg (8.87%), Folate:

32.64µg (8.16%), Magnesium: 30.8mg (7.7%), Vitamin B5: 0.7mg (6.98%), Iron: 1.06mg (5.9%), Vitamin B12: 0.34µg (5.59%), Zinc: 0.7mg (4.67%), Vitamin D: 0.67µg (4.47%), Copper: 0.09mg (4.28%), Selenium: 1.41µg (2.01%)